

## GENERAL INFORMATION

### ENROLLMENT:

Camp is open to all Wayne County students entering grades 4 - 9 for the start of the upcoming school year. This includes students from the **Wayne Highlands, Western Wayne and Wallenpaupack School Districts.**

### TUITION:

The cost for the three day camp is only \$30. This includes all instructional phases, refreshments and snacks, and a T-shirt (pre-registration) and certificate of attendance upon completion of the camp. Please see registration form for details.

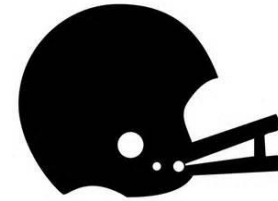
### REGISTRATION:

Sign-in will be held at the entrance to the **Middle School gym from 8:00am – 8:45am on Monday August 3<sup>rd</sup>**. The first session of the camp will begin at 9:00am. **Camp will begin promptly at 8:00am on Tuesday and Wednesday.**

### WHAT TO BRING:

All participants should wear a good pair of sneakers or running shoes (spikes may be worn but are not necessary), shorts or sweatpants, and t-shirt. Please no jewelry or baseball caps. There is NO need to pack a lunch – snacks and refreshments will be provided during the camp. Participants **MUST** bring a **GREAT ATTITUDE** and a **DESIRE TO LEARN** and **WILLINGNESS TO HAVE FUN!!**

# WAYNE COUNTY COMMISSIONERS JUNIOR HIGH FOOTBALL CAMP



**AUGUST 3, 4 & 5**

**8:00 – 12:00 NOON  
RAIN OR SHINE**

**FOR BOYS ENTERING  
GRADES 4 – 9**

**HONESDALE HIGH SCHOOL  
FOOTBALL COMPLEX  
TERRACE ST. HONESDALE**

## **TOPICS TO BE COVERED**

### **FOOTBALL FUNDAMENTALS**

#### **➤ QUARTERBACKS**

Techniques covering different phases of the passing and running games and reading defenses. Footwork and ball release will be stressed.

#### **➤ RUNNING BACKS**

Techniques and drills for running, blocking and pass receiving. Focus will be on footwork and agility.

#### **➤ OFFENSIVE LINE**

Blocking techniques for the running and passing game. Special attention to coming off the ball, maintain blocks and footwork.

#### **➤ RECEIVERS**

Techniques and drills for blocking, route running, coverage patterns, agility and catching the ball.

#### **➤ DEFENSIVE BACKS**

Man to man and zone coverage and drills, reading and reacting to the ball as well pursuit angles.

#### **➤ LINEBACKERS**

Drills and techniques for the pass and run game along with filling holes, read and react, playing down hill and pursuit.

#### **➤ DEFFENSIVE LINE**

Techniques and responsibilities for odd and even man fronts, vs. traps pass rushing, shedding blocks.

#### **➤ KICKING GAME**

Punting, extra points, field goals and kick off techniques.

## **WEIGHT TRAINING AND FLEXIBILITY**

Proper technique and form will be stressed to help improve overall body strength and power while improving performance, conditioning, and minimizing injuries and recovery time.

## **AGILITY DRILLS**

Designed to increase the ability to change direction, accelerate to maximum speed and to react to unexpected situations.

## **CAMP STAFF**

### **CURRENT HONESDALE HIGH SCHOOL FOOTBALL STAFF**

### **FORMER AND CURRENT HONESDALE FOOTBALL PLAYERS**

**HEAD COACH** – Mike Jurkowski

#### **ASSISTANT COACHES**

Gene Biscontini

Jeremy Ebert

Joe Kosciuk

Gordy West

Joe LoBasso

#### **VOLUNTEER ASSISTANTS**

Kevin Bose

John Fritz

Ron Arnold

## **FACILITIES**

Honesdale High School football complex including – game field, three practice fields, and fully equipped weight and cardio training rooms. In the case of inclement weather, camp will be held in the school gymnasium(s).